

Massage



Massage isn't a luxury. It's part of good health care.

Make the choice to take care of your health, both mentally and physically. PSP will craft your Self-Care Protocol, allowing for all athletes to hit their goals, prevent injuries, and build awareness on proper body mechanics and well-being. With this multi-faceted approach, we will seek the cause of your pain and develop an individual protocol to reduce injuries, create longevity, reduce stress, and build a healthier life!

Sometimes the smallest step in the right direction ends up being the biggest step of your life.

Better training through science.

**Call 973.585.6008 or visit
[precisionssportsperformance.com](https://www.precisionssportsperformance.com)
to sign up.**

Massage Protocols

- Sports Massage •
- Cupping Massage •
- Therapeutic Massage •
- Clinical Massage •
- Pregnancy Massage •
- Welcome Home Massage •



Pricing Options

	Regular Price	PSP Members	Team Member/ Squad Member/ or Parent of Athlete
Sports/Therapeutic Massage			
30 Min	\$55	\$45	\$50
60 Min	\$105	\$85	\$95
90 Min	\$155	\$130	\$140
Cupping Massage			
60 Min	\$115	\$100	\$105
90 Min	\$165	\$140	\$150
Pregnancy Massage			
60 Min	\$100	\$80	\$90
90 Min	\$150	\$125	\$135
Clinical Foot Massage			
30 Min	\$45	\$35	\$40
Welcome Home Massage			
60 Min	\$150	\$125	\$135
90 Min	\$200	\$170	\$185

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